

WICHITA WELLNESS REWARDS PROGRAM



Back by popular demand!

January 6 - March 28, 2014



Shed **POUNDS** Win **PRIZES** Earn **POINTS**

- Confidential weigh-ins, flexible times
- Male/female categories
- Only City employees eligible

4 \$400 Cash Prize Winners

Wellness budget provided by Coventry Health Care

Visit the Wellness section of the portal to learn more about the rules and view the weigh-in schedule which will be held throughout the week of Jan 6.

Twenty **Lose to Win** participants will be randomly selected for Wichita Park & Recreation's Thinner Winner Challenge. They will receive additional nutritional/exercise assistance. More information can be found on the portal.

Only **Lose to Win** participants are eligible to participate in the following **Maintain No Gain** challenge.

Please consult with your physician before starting a diet/exercise program.

HAVE QUESTIONS?
wichitawellness@wichita.gov

